

HOORAY FOR HATS!



How much do you know about hat safety? Have a go at our quiz to find out!



Check your answers at bit.ly/PNY_QUIZ_ANSWERS or scan here....

HOW DID YOU GET ON?

0-3 points Hopeless hatter

Nice try! You're not quite there with your hat knowledge but you soon will be! Why not do some research online and have another go at our quiz, as it's very important to know safety information when it comes to riding hats.

4-6 points Happy hatter

Well done! You have great knowledge on hat, but keep learning more hat know-how and you'll be a heroic hatter soon!

7-8 points Heroic hatter

Wow! You have an impressive amount of knowledge on hat safety, and anyone would feel safe having you around if they had hat questions. Make sure you put it all to good use and look after your hat properly!



1 How often should you buy a new riding hat if you haven't fallen off, dropped your hat or outgrown it?

- A Every 3-4 years
- B Every 4-6 years
- C Every 3-5 years

2 What type of hat must you wear when riding on a cross-country course?

- A Fixed peak
- B Jockey skull
- C Bicycle helmet

3 Once your hat has been checked to make sure it's up to safety standards, should it be tagged?

- A No - once it's been checked you're fine to get cracking!
- B Yes - it's important you get a tag on the hat strap so when you're competing the venue knows your hat's up to standard
- C It depends on the discipline

4 What does MIPS stand for?

- A Multi-directional impact protection system
- B Many impact protection system
- C Multi-directional impossible protection solution

5 How do you make sure your hat is fitted correctly?

- A Turn your head upside down without the strap done up and it should stay on
- B You should be able to have a bit of wiggle room
- C Get it correctly fitted by a professionally trained hat fitter

6 What part of the hat is key to protecting your brain from being bruised if you fall?

- A The thick expanded polystyrene layer
- B The fibreglass or plastic shell
- C The internal headband

7 Why is it important you don't borrow someone else's riding hat?

- A Because you can make it dirty inside
- B It hasn't been fitted to your head so may not provide proper protection if you fall
- C You could break it

8 Can you put your hair up inside your hat when riding?

- A No - this changes the fit of your helmet and could affect how well it protects your head
- B Yes - it keeps your hair out of your face so you can ride without the worry of getting hair in your eyes
- C No - your hair should always be in a single plait